
❖ Westboro Recreation ❖



NEW Winter Programs :

Yoga
Pickleball
High School Fitness
Basketball Speed & Agility
Engineering with LEGOs
FitStudio28

VISIT US at:

www.town.westborough.ma.us. Click on
Town Departments, then Recreation.
Here you'll find:

- Current Brochure
- Program Updates
- Cancellation Information
- Recreation Calendar
- Map of Town Recreation Areas
- Upcoming Registration Dates
- Program Pictures...SMILE!
- Trail Maps

We can also be found on [FACEBOOK](#).

CONTACT US:

Phone: 508-366-3066
Fax: 508-366-3099
Address: 34 West Main St,
Town Hall

OFFICE HOURS:

Mon, Wed, Thurs 8-5:00pm
Tues 8-8:00pm
Fri 7:30-noon

Winter Activities Brochure 2012



ALL RECREATION INFORMATION
CAN BE FOUND IN EACH
SCHOOL'S VIRTUAL BACKPACK
UNDER COMMUNITY BULLETINS

RECREATION POLICY

Recreation Commission

Members:

Todd Jewett
Ken Salsman
Mary Stanton
Earl Storey
Beth Travis

Recreation Department Staff

Frank DeSiata,
Recreation Director
[Karen DeSiata](#),
Program Coordinator
[Brandi Phillips](#),
Administrative Assistant

Programs are for Westboro residents only and are first-come-first-serve with limited enrollment. Children must meet the age/grade requirements by the START of the program in order to be eligible.

Registration begins immediately for all programs. Register at the Rec Office in Town Hall. At this time, registrations may only be done IN-PERSON. We cannot accept mail-ins, phone-ins or faxed forms. Children do not need to attend registration. Retain this brochure for start times and dates. There will be NO further confirmation of enrollment. For liability reasons, registrations are non-transferable, even to siblings.

GENERAL PROGRAM POLICIES: Programs are offered on a first-come-first-serve basis. We do not 'hold' spots. If a class is filled, we will establish a waiting list and add classes whenever possible. We reserve the right to cancel, alter or consolidate classes when necessary; as well as change program descriptions, fees, dates, locations & times. We are not responsible for any misprints. Contact the dept if you feel your child has any special considerations and/or needs in regards to any recreation program. The Town of Westborough, Recreation Department, does not provide accident/health insurance for our programs.

AGE REQUIREMENTS: Each program has specific requirements as to age and/or grade. Age is as of start of program. These requirements are set up because of concern for your child's safety and well-being and will be STRICTLY ENFORCED. Violators will be removed from program with NO reimbursement of fees. PROOF OF AGE MAY BE REQUIRED IF DEEMED NECESSARY.

PAYMENT: Due at time of registration. We accept cash, money orders or personal checks - NO credit cards. Make checks payable to Westboro Recreation. Returned checks will be charged a \$25 fee payable by bank check or cash. Single checks for multiple programs is acceptable. DO NOT PAY IF ON A WAITING LIST. WE DO NOT PRO-RATE CLASS FEES.

PROXY REGISTRATION: Registrants are asked to sign up for their family only. However, signing up for ONE additional family is allowed provided their family sign-up form is pre-signed, with their signature, and paid for at the time of registration.

CONFIRMATIONS: Once registered, there will be NO further confirmation from our department. The only time you will hear from us is if there is a change in the time, day or location of a class, or if a class has been canceled. Please retain brochure for program start dates and times.

REFUNDS: Prior to the start of a program, a full refund will be given for verifiable medical emergencies only. Partial refunds (75%) may be applied for in all other emergency situations if the request is made at least 3 business days prior to program start. No refunds once a program starts. Refunds must be requested. **Weather cancellations:** Efforts will be made to make up weather cancelled classes, but are not guaranteed. Refunds will not be offered due to a participant's inability to partake in the makeup.

SCHOLARSHIP REQUESTS: If a financial hardship exists, fee reductions may be requested in writing to the Recreation Director and/or Recreation Commission. Contact the dept, confidentially, for further information.

PARTICIPANT PHOTOGRAPH POLICY: Registrants and participants permit the taking of photos and videos of themselves and their children during recreation activities for publication/use by the Recreation Dept, unless we receive written notification otherwise.

YOUTH PROGRAMS

Tae Kwon Do

Children learn to reach their full potential in this confidence-building Taekwondo program. Classes concentrate on skills and the core values of respect and discipline. Master Kim and his certified instructors pay special attention to your child's gross motor development, coordination, concentration, and flexibility. This 6-week program is an INTRODUCTORY course to Tae Kwon Do where the students will learn the basic kicks, forms and self defense. Max 20. 6 weeks. **\$85 w/uniform**

Attend up to 2 classes per week. The days could change weekly to fit your schedule.

Session I: Jan 9-Feb 18
 Session II: Feb 27-Apr 7

AGES 4-6 LITTLE TIGERS

Mon & Wed 3:30-4:00pm
 Tues & Thurs 4:20-4:55pm
 Sat 10:00-10:35am

AGES 7-12 MARTIAL ARTS

Mon & Wed 4:10-4:55pm or 5-5:45pm
 Tues & Thurs 5:00-5:45pm
 Sat 10:40-11:25am

Location: [Kim's Taekwondo](#), 168 Milk St, WestMeadow Plaza



Volleyball

Girls Grades 4-8. We're serving up some serious FUN! Come out and learn the fundamentals of volleyball through fun drills, skills and games. Westboro High School Varsity Coach, Roger Anderson, will direct the program. Let us show you how much fun volleyball can be! All ability levels are welcomed. Max 48. 6 weeks **\$65**

Fridays, Jan 6-Feb 17 [no class 1/20]
 6:30-8:00pm
 Location: Gibbons Middle School Gym
 Instructor: Roger Anderson, WHS Coach



Karate

Come visit us at our new location. This is an INTRODUCTORY white belt class. Students will be eligible to test for Yellow Belt certification by the end of the program at an additional cost if you choose. Limit 20 per class 6 weeks. **\$85 w/uniform**

Session I: Jan 9-Feb 18
 Session II: Feb 27-Apr 7

AGES 4-6 KARATE TOTS

Our focus in this program is to help preschoolers develop basic social and physical skills by participating in a variety of fun filled activities such as yoga, karate and even meditation, all done in our supportive environment. Attend up to **3 classes per week**. The days can change to fit your schedule.

Mon & Wed 4:00-4:30pm
 Thursdays 5:45-6:15pm
 Saturdays 9:30am-10:00am

AGES 6-12 KARATE KIDS

Our proven martial arts curriculum will help your child develop balance, coordination, strength, self-control, respect and self-discipline all while having fun in a positive environment.

Tuesdays 6:00-6:45pm
 Thursdays 4:00-4:45pm
 Saturdays 10:10-10:55am

NEW Location: [Metrowest Martial Arts & Wellness Center](#), 74 Otis St

Junior Tennis

Ages 7 & up. Come learn the basics of tennis or enhance the skills you already have. Three ability levels offered. For questions on level placement, contact Susie or Michael at 366-1222 at the club BEFORE COMING IN TO REGISTER. We are NOT responsible for placement errors. Check with Club BEFORE you register. Bring own racquet. Some loaners available. Group lessons. 6 weeks **\$115**

5:30-6:30pm: Beginners work on developing basic form, stroke mechanics and footwork. Some mini-tennis rallying at a slow pace will also be included. No prior experience needed.

6:30-7:30pm: Advanced Beginners develop more consistency on shots, power and directional intent. Will practice singles and doubles positioning and learn to play the game. Some prior understanding of how to sustain a rally of slow to moderate pace from baseline.

7:30-8:30pm: Intermediates learn how to use spin and power to improve game. Should have prior understanding of basic positioning, be able to put 1st & 2nd serves into play, and get to the net using an approach shot, split step and volley.

Sundays, times vary-see above

Session I: Jan 8-Feb 12
 Session II: Feb 19-Apr 1 [no class 2/26]
 Location: [Westboro Tennis & Swim Club](#)
 35 Chauncy Street

YOUTH PROGRAMS

Engineering with LEGOs

Ages 10 & up. This is a hands-on, team-based program designed to instill engineering concepts and to foster critical thinking and teamwork. Participants will learn the intricacies of construction, and the trade-offs involved in engineering a product for the market, using the LEGO® Mindstorms System. Participants will be challenged to resolve various problems by designing and building their own LEGO® creations. Min 6, max 12. 5 weeks **\$180**

New!

Thursdays, Jan 12-Feb 9

4:00-6:00pm

Location: Forbes Municipal Auditorium

Instructor: Ed Harrow

Ski & Snowboard Program

Grades 7-12. Program is held at Wachusett Mountain in Princeton. Ski or snowboard lessons are available, as well as rentals for both. Lesson package includes 1 hour lesson and approx 1 hr of open ski time. Transportation is by motor coach bus providing underneath storage for equipment. Bus picks up at Middle School and High School after school and returns to Middle School at 7pm. Registration began Monday, Nov 14. **AT THIS TIME, A FEW OPENINGS STILL EXIST.** 6 weeks. Cost varies.

Tuesdays,
Jan 3-Feb 7
2:15-7:00pm



Gymnastics

Ages 18 mos & up. Our Tumble Tot program is designed for children as young as 18 mos. Through the use of our state of the art equipment and creative gymnastics circuits, your little one will acquire listening skills, coordination, balance, strength and basic tumbling. We also begin to teach how to participate and learn in a group environment. These skills will help with your child's transition into a school setting, such as preschool. Limit 4/class. 9 weeks. **\$100**

This class can only be taken twice.

Two age levels offered:

Ages 18-36 mos w/parent participation

Ages 3-4

Wednesdays

10:00-10:45a or 11:00-11:45a

Jan 11-Mar 14, no class 2/22

Both classes are offered at same times

Location & Instructors: [Mass Gymnastics Center](#), 74 Otis Street.

Youth Basketball

Last year, 800 Westboro children participated in the Town's recreation youth basketball program. Each grade is set up differently. See below for basic details. Registrations have been held for all divisions. Contact our department at 508-366-3066 for the possibility of adding late.

Grade 2

Saturday mornings at Hastings School starting January 7 for 5 weeks. Learn drills, skills and play small-sided games each week. Individual teams are NOT set up. Boys meet at 9am or 11am, girls at 10am. Registration began Monday, November 28. Limit is 30 players per time slot. Call for availability. Matt Travis is the program director.

Grade 3-4 and 5-6

Separate teams for boys and girls. All in-town play. Grade 3 & 4 on mixed grade teams, and grade 5 & 6 on mixed grade teams. One practice and game per week. Games usually Friday nights or Saturdays. Practices start Nov, games Dec-thru Feb. Registration deadline was Oct 1. Call for availability.

Grades 7-8

Separate boys and girls teams. All In-town play. Practices and games mid-December through March. One practice/one game per week. Last year, all games were on Saturdays. Registration deadline was Dec 6.

Grades 9-12

For players not on High School Basketball team. Practices scheduled from mid-Dec through mid-March. Games on Sundays, Jan-Mar. If enough interest, a girls program will be held. Registration deadline was Dec. 6.

YOUTH PROGRAMS

Athletic Revolution

with Matt Travis

Three different Winter Programs are being offered to get you to your fitness goals! Instructor: Matt Travis, Head Coach & Fales Elementary School Phys Ed Teacher.

Winter Session of Athletic Revolution Ages 10-13

A unique developmental, progressive, long term system of physical movement training that equips kids and young athletes with all the physical, mental and character-building tools necessary to achieve a life of wellness, health and physical excellence. Max 14. 8 weeks.

Tues and Thurs, Jan 3-Mar 1

4:00-4:55pm

No class 2/21 & 23

Location: Forbes Gym

\$250 for 1st time participants

\$200 for continuing participants

Basketball Speed and Agility Clinic

Ages 9-13

Learn the important aspects of speed & agility and how they apply to basketball including linear and lateral movement, acceleration, deceleration, footwork and running mechanics. Max 12. 8 weeks.

Wednesdays, Jan 4-Feb 29

4:00-4:55pm

No class 2/22

Location: Forbes Gym

\$125 for 1st time participants

\$100 for AR participants

High School Strength & Conditioning

Grades 9-12

This is an all-encompassing program that will improve athletic performance, physical conditioning, injury prevention and nutritional habits. To learn more visit www.AthleticRevolutionMetrowest.com. Max 8. 12 weeks.

Jan 2-Mar 29

Choose either Mon/Wed or Tue/Thur

5:30-7:00p

no program during school vacation

Location: High School Fitness Center

\$330

Ice Skating

Ages 4 & up. Glide your way thru Winter by learning to skate with the North Star Figure Skating Club. Each class includes 25 -30 minute lesson, warm-up time and open practice time.

Skaters under 7 yr must wear helmet, it's recommended for older children. Beginners should always wear helmets, winter coats, snow pants or thick athletic pants and gloves. All skaters should wear skates with strong ankle support. Skate rentals are available for \$4 per week (pay at rink weekly). No Double Runner Skates or Hockey Skates.

It will take between 10-15 minutes to get your child ready and situated so please make sure you arrive early to each class— 30 min prior on 1st day. Pick one time. Limit 30/class. 12 weeks. **\$190**

Tuesdays 6:20-7:10p

Thursdays 6:20-7:10p

Saturdays 11:20-12:00p + Public Skate

Sundays 11:20-12:00p + Public Skate

Jan 8– Apr 7

Location & Instructors: [Northstar Youth Forum Bridle Lane](#), Westboro

Junior Jazzercise

Ages 6-14. This dance fitness program helps promote fitness as a way of life. Choreographed and taught by certified Jazzercise Instructors using all your favorite music and artists. We strive to build self-confidence and positive body image. This is a fun, safe, non-competitive class. Min 5. 6 weeks. **\$55**

Saturdays

Session I: starts January 7

Session II: starts March 3

Ages 6-9: 10:30-11:15am

Ages 10-14: 11:30am-12:15pm

Location: [Jazzercise of Westborough](#)
Westmeadow Plaza, 168 Milk Street

New to North Star!
Starting in January

PUBLIC SKATE
Ages 5 & up
Saturdays & Sundays
12:00pm-1:00pm

Cost: \$5 cash only
Rentals: \$5 cash only

Boston Badminton

Holiday Vacation Training Camp with Andy Chong

December 26-30, 9:30am-12pm

For Beginners and Recreational Players. Program includes fitness exercises and drills designed for stroke and footwork development. Learn how to play singles and doubles games along with strategies to improve your game.

REGISTER DIRECTLY WITH BOSTON BADMINTON. Form available on their website: www.bostonbadminton.com or by calling (508) 329-1710. Limited openings; register early.

ADULT PROGRAMS

Metrowest Fitness Classes

Metrowest Martial Arts & Wellness wants to help you reach your fitness goals. Register for all classes below for the low price of \$60 for 6 weeks. Attend 1, 2 or all three classes, whenever they are offered, during the 6-week session.

Tai Chi Tue 6:45-7:30p
Reduce the stress and tension of everyday life. Tai Chi is designed for relaxation, balance and health. Supports mental and physical well being while improving lower body strength, balance and flexibility.

Kickboxing M/W 6-7p; Sat 8:20-9:20a
This interval training class is great for calorie burning, muscle toning and endurance. Class uses bags, stability balls, dumb bells and jump ropes. Workout is done at your own pace.

Yoga Tue 9:00a
Our fitness yoga is based on Hatha and is a low-impact way to exercise the mind & body with the goal to achieve harmony with the self.

Session I: Jan 9-Feb 18
Session II: Feb 27-Apr 7
Location: [Metrowest Martial Arts & Wellness](#)
Center, 74 Otis St.

**New !
Unlimited
Classes**

Jazzercise

Adults & Teens. Dance your way to a better body! Jazzercise is a 60-minute group fitness class combining cardio moves to enhance endurance and burn mega calories, strength training to define muscles and work your core, and stretching to increase flexibility. All fitness levels welcome and you don't have to have dance experience to participate. Classes taught by a diverse team of dynamic certified Jazzercise Instructors. Bring a floor mat or towel and water bottle. **\$70 for a 6-week pass for unlimited classes. Attend as often as you want.**

Session I: starts Jan 2nd for 6 weeks
Session II: starts Feb 20th for 6 weeks
Location: Jazzercise of Westborough
WestMeadow Plaza, 168 Milk Street.

Current class schedule as of Nov 2011.
Updates on www.jazzercise.com. Babysitting schedule is posted each week.

Mon: 8:25am, 9:35am, 6pm
Tues: 8:25am, 9:35am, 4:30pm, 6pm
Wed: 8:25am, 9:35am, 6pm, 7pm
Thurs: 8:25am, 9:35am, 4:30pm, 6pm
Fri: 8:25am, 9:35am
Sat: 8am, 9am
Sun: 8am, 9am

Fit Studio 28

New!

This is your chance to try something new...and GET RESULTS! Fit Studio28 offers 28 variations of group fitness classes throughout the year. Classes are offered morning, noon and night to accommodate busy schedules. Never tried Ballet Barre? Here's your chance. Love to Spin and sweat? Got it. There's Yoga, Pilates, Bootcamp, Insanity plus many others...a great chance to cross-train and see results like never before.

\$90 for an 8-class pass
Pass is good for three months.
Located at 122 Turnpike Rd (Rt 9), Village Plaza in Westboro.

Check out the studio's current class schedule at www.fitstudio28.com. Must provide an email address on registration form.

Your Health Matters!



ADULT PROGRAMS

Zumba

Come and join the party!! We guarantee you'll have a good time. Zumba is easy, fun, and an excellent workout! It's a fusion of Latin and International music and dance themes creating a dynamic, exciting, and effective fitness program. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body to create a one of a kind workout. 6 weeks. **\$65**

Wednesday 7-8:00pm
 Session I: Jan 11-Feb 15
 Session II: Mar 7-Apr 11
 Location: Armstrong School cafeteria
 Instructors: Martha Elena Convers



Start the
New Year
Off Right!

Pickleball

New!

Ages 50 & over. Feel like a champion playing this exciting new paddle game. Pickleball is a combination of ping-pong, tennis and badminton. It is played by 2 or 4 people using paddles, a net and whiffleballs. It's fast, improving eye-hand coordination and agility. It's active, but there's not a lot of running because of the smaller court size.

Fridays, starting Jan 6
 9:00-10:30am
 Location: Forbes Gym
 Can complete a registration form at the program the first time you attend.

FREE

Tennis

Come learn the basics of tennis or enhance the skills you already have. Three ability levels offered. For questions on level placement, contact Michael at 366-1222 at the club BEFORE COMING IN TO REGISTER. We are NOT responsible for placement errors. Check with Club BEFORE you register. Bring own racquet. Some loaners available. Wear sneakers not running shoes. Group lessons. 6 weeks. **\$115**

5:30-6:30pm: Beginners work on developing basic form, stroke mechanics and footwork. Some mini-tennis rallying at a slow pace will also be included. No prior experience needed.

6:30-7:30pm: Advanced Beginners develop more consistency on shots, power and directional intent. Will practice singles and doubles positioning and learn to play the game. Some prior understanding of how to sustain a rally of slow to moderate pace from baseline.

7:30-8:30pm: Intermediates learn how to use spin and power to improve game. Should have prior understanding of basic positioning, be able to put 1st & 2nd serves into play, and get to the net using an approach shot, split step and volley.

Sundays times vary, see above

Session I: Jan 8-Feb 12
 Session II: Feb 19-Apr 1, no class 2/26
 Location: [Westboro Tennis & Swim Club](#)
 35 Chauncy Street

Exercise & Socialize with our Drop-in Adult Programs

Register for these programs AT the program itself the first time you attend. Try out a class for FREE. Must pay by second class attended. A separate registration form will be available at the program. Do not use the form on Page 9.

These programs are NOT leagues, but pick up play. All skill levels and new players welcome to participate. Equipment is provided. Dates/Times will vary depending on school & youth activities in the gyms. When schools are closed due to inclement weather, program is cancelled. Westboro RESIDENTS ONLY! ID's will be required when registering!

Coed Volleyball

Wednesdays, Jan 4-Jun 6 from 8-9:30pm at the Gibbons Middle School Gym. \$30

Men's 18 & Over Hoop

Sundays, Jan 8-Jun 10 from 8:30-10am or 10-12noon at the Forbes Gym. \$30

Men's 30 & Over Hoop

Tuesdays & Fridays, Jan 3-Jun 8 from 8-9:30pm. Tues at Gibbons Middle School; Fri at Forbes Gym. \$40

Coed Badminton

Tues & Thurs, Mar 13-Jun 7 from 8:00-10pm at the WHS gym. \$40

Westboro YOUTH SPORTS Organizations

Recreation Basketball :

Boys & Girls, Grades 2-12. Recreation Department

Select Travel Basketball :

www.westborowarriors.net

Ice Hockey :

“Learn to Skate Programs” and hockey development programs at www.triboro.org

Little League Baseball & Softball :

www.westborolittleleague.org

Youth Soccer :

www.lazers.org

Boys Youth Lacrosse :

www.westboroughlacrosse.com

Girls Youth Lacrosse :

<http://westboroughgirlslacrosse.usl.la/>

Ski Ward Race Team:

www.skiwardraceteam.com

Football & Cheerleading :

www.westboroughyouthfootball.com

WINTER REGISTRATION FORM 2012

The Waiver at the bottom of this form **MUST** be signed. One form per Family. **Do not mail in form.** Addresses will be verified. Do not use this form for youth basketball, adult basketball or adult volleyball. That is a separate form.

Family Last Name _____ Email Address _____

Address _____ Phone _____

Parent Cell Number _____ Parent Work Number _____

In the event we can not contact you: Emergency Contact Name & Number _____

Medical Considerations/Allergies (if listed, please include child's first name). Please be aware we do not administer medication

DO NOT PAY FOR OR INCLUDE WAIT LIST INFORMATION

Participant's First Name	If child, boy or girl	Age/Grade	If child, Date of Birth	Program	ClassTime	Cost

For ICE SKATING LESSONS:

Have you taken lessons before? **No, never on ice** **Yes, can skate a little** **Yes, can skate** **Badge level:** _____

A. I, the undersigned parent/guardian of my child, a minor, do hereby consent to my child's participation in voluntary recreation programs of the Town of Westborough. I also agree to forever release the Town of Westborough, the Recreation Department, and all their employees, agents, board member, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Westborough ('the Releasees') from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Westborough's voluntary recreation programs. I also promise to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Westborough's voluntary recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said program. By signing this Form, I affirm that I have decided to allow my child to participate in the Town's recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary recreation programs.

B. By signing this waiver, I agree to all Department policies listed on the inside front cover of the current Activities Brochure.

Cash or Check Payable to: Westborough Recreation.
 In accordance with MGL Ch 60 Sec 57A, returned checks will be charged a \$25.00 fee payable by bank check or cash only.

Office Use Only: Cash Check # Date Rec _____ Initials _____ TOTAL AMOUNT _____

Signed: _____ Parent Print _____ Date _____

Winter Word Search



P	T	R	L	M	G	P	G	C	H	C	F	Y	T	W
O	L	E	A	L	R	W	P	M	T	P	Q	V	K	W
O	T	C	A	D	A	S	K	A	T	I	N	G	O	T
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BASKETBALL
FUN
HORSES
JAZZEXERCISE
RECREATION
SKI
SNOWBOARD
TENNIS
ZUMBA

FITNESS
HOOP
ICE
KARATE
SKATING
SNOW
TAEKWONDO
VOLLEYBALL



Snowball Maze!

